



(Virgin)



(Virgin)

### You have the power.

Adolescents today have many opportunities to express their own unique personalities. The days when everyone had to be exactly like each other are gone -- now it is okay to be different.

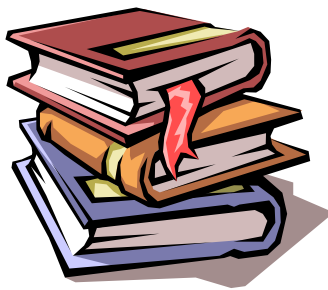
It also used to be that it was not okay to admit being a virgin and that you are postponing sex until marriage. But today, we are realizing that each person is unique, including ourselves, and what might be right for someone else may not be right for us. This includes not having sex or participating in sexual activity (including oral sex) until marriage.

Virginity is in! It is cool to be who you are and not have to justify your own style and ideals, or share your body and sexual being with anyone else. Besides, a common wish of girls who have lost their virginity is to be a virgin again and most teenage girls who have had sex wish they had not-- wouldn't it be better to not regret your past?



Sex is like a fishing net.  
You do not know what you will catch.

Having sex is a big deal. Not only are our bodies involved, but also our minds -- primarily our emotions. More and more adolescents are realizing that they do not want to have the emotional baggage that comes with having sex at a young age (until marriage). Many teens end up living with the emotional scars of a sexual relationship long after the relationship has broken up. Many others end up catching a life-altering sexually transmitted disease, such as herpes or HIV/AIDS. And still others end up with a baby.



Come to terms with your sexuality

**Abstain** – verb – *to choose not to participate; to choose not to indulge one's self.*

Sometimes other risky behaviors lead to sex. Many teens indicate their first sexual encounter happened when they were drunk or high. Substance use greatly increases the likelihood that a teen will participate in a behavior that s/he would not do sober. Unfortunately some teens wake up the morning after with more than a hangover.



For more information on drugs and alcohol, check out the following websites:

[www.thecoolspot.gov](http://www.thecoolspot.gov) - this site has great information on drugs, alcohol and peer pressure

[www.nacoa.org](http://www.nacoa.org) - National Association for Children of Alcoholics

<http://www.al-anon.org/alateen.html> - Alateen, support for teens whose lives have been hurt by substance use/abuse

[http://www.alcoholics-anonymous.org/default/en\\_about\\_aa.cfm?pageid=11](http://www.alcoholics-anonymous.org/default/en_about_aa.cfm?pageid=11) - A message to teens from Alcoholics Anonymous

[www.freevibe.com](http://www.freevibe.com) - this site has tons of great information on drugs & alcohol



## Having sex does not make you an adult, but it could make you a baby

- Every day in Idaho, three girls under 18 become pregnant.
- Half of teen pregnancies occur within the first six months after a girl begins to have sex. The only 100% effective way to prevent pregnancy and sexually transmitted diseases is to abstain from all forms of sex, including oral, anal and vaginal.
- More than 3,000 teenage girls get pregnant every day in the United States. Break it down, that's one teen pregnancy every 30 seconds, 24/7.
- Only 1/3 of teen mothers ever receive a high school diploma.
- 70% of unmarried teen moms receive welfare within the first 5 years of giving birth.
- Most teens that have an unintentional (meaning they didn't plan it) pregnancy didn't think that "it" would ever happen to them.
- Adding sex to a relationship can result in unbearable painful emotions when one partner decides to end the relationship. The intensity and intimacy of the sexual experience makes you especially vulnerable to emotional hurt.



Remember, sex is not a three-letter word for love.

### Links:

Life in the Fast Lane - [www.teenageparent.org](http://www.teenageparent.org)

Not Me, Not Now - [www.notmenotnow.org](http://www.notmenotnow.org)

National Campaign to Prevent Teen Pregnancy - [www.teenpregnancy.org](http://www.teenpregnancy.org)  
Sex Respect - [www.sexrespect.com](http://www.sexrespect.com)  
Young Women's Health Page - <http://www.ohsu.edu/library/teenhealth/>  
Teen-Aid, Inc. - [www.teen-aid.org](http://www.teen-aid.org)  
Division of Health Bureau of Health Policy and Vital Statistics, Idaho Vital Statistics  
[www2.state.id.us/dhw/vital\\_statistics/vsarmenu.html](http://www2.state.id.us/dhw/vital_statistics/vsarmenu.html)  
Idaho Governors Council on Adolescent Pregnancy Prevention  
[www2.state.id.us/dhw/app.index.html](http://www2.state.id.us/dhw/app.index.html)  
National Prevention Network - [www.cdcnpin.org](http://www.cdcnpin.org)  
The National Organization on Adolescent Pregnancy, Parenting and Prevention  
[www.noapp.org](http://www.noapp.org)  
The Institute for Youth Development - [www.youthdevelopment.org](http://www.youthdevelopment.org)  
Sex, etc. - [www.sexetc.org](http://www.sexetc.org)  
Sexual Assault and Harassment  
<http://www.hsph.harvard.edu/Organizations/healthnet/reprorights/topic10.html>  
Campaign for Our Children - [www.cfoc.org](http://www.cfoc.org)  
Advocates for Youth - [www.advocatesforyouth.org](http://www.advocatesforyouth.org)  
Tips for parents from the Washington State Department of Health  
[http://www.doh.wa.gov/Topics/teen\\_sex.htm](http://www.doh.wa.gov/Topics/teen_sex.htm)

For more information, contact:

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